



# COUNTY PARKS AND RECREATION

## ACTIVITY & PROGRAM GUIDE



Renovated Wing C at Los Peñasquitos



New accessible trail opens at San Elijo Lagoon



Open house at new headquarters

## A welcoming season for Parks and Recreation

**By Renée E. Bahl,**  
**Director**

The Department of Parks and Recreation has had the great fortune of moving our main office to a new building earlier this year and celebrating a headquarters that is no longer located at the former mail distribution center – a dreary building without windows. We can now present to the public a headquarters with more space, more sunshine, and employees with much happier dispositions.

We welcome and encourage you to stop by, check out our new digs, and meet 60 of us who are there to serve and reveal to you the many opportunities that the Department of Parks and Recreation offers the citizens of San Diego County and those who have chosen to visit our remarkable system of parks and open spaces.

You've already seen how dedicated our field and center staff are, and that they work tirelessly to make your experience enjoyable. The employees you will meet in our office are those who work hard behind the scenes to facilitate the activities you will find in this program guide -- and more.

All of our employees are dedicated and truly committed to providing you with a vast array of exciting events and programs that meet your growing appetite for the great outdoors and healthy recreational pursuits. As compelling evidence of this commitment, we completed more than \$7 million this year in improvements to your parks and recreation program.

This investment manifests itself in many ways and pays big dividends to all citizens of the County of San Diego -- an investment that ranges from critical maintenance, like paving park roads, to building new facilities, such as state of the art play areas, to the rehabilitation of some of the county's most historic sites.

## ① Agua Caliente Regional Park

39555 Great Southern Stage Route of 1849  
Anza Borrego Desert  
858.565.3600

Open September 1 through May 31.

Closed during the summer months.

Therapeutic spas.

## ② Alpine Community Center

1830 Alpine Blvd., Alpine, CA 91901  
619.445.7330



The Center offers childcare, teen programs, senior nutrition program, community recreation, picnic facilities, cultural activities, facility rentals, adult softball, and Bobbysox softball.

Call for information.

## ③ Cactus Park

10567 Ashwood Street, Lakeside  
619.390.6017



Youth and adult league sports, BMX track.

## ④ Campo Stone Store and Museum

31130 Highway 94, Campo  
619.478.5707

**Saturdays and Sundays, 11 a.m. to 5 p.m.** Pioneer Museum downstairs; Military Museum upstairs with emphasis on U.S. Cavalry and the Bufalo Soldiers. Short video.

## ⑤ Collier Park

626 E Street, Ramona  
760.788.7564

Boys' and Girls' Club in the Park. Call the number above for program information. Tennis courts, playgrounds, and walking trails.

## ⑥ Dos Picos Regional Park

17953 Dos Picos Park Rd., Ramona  
858.565.3600



### Group Reservations Available

**Free Saturday programs** Please call the park for specific program dates and times at 760.789.2220.

Whether you're camping or not, there's lots to do at Dos Picos! On Saturdays there are ranger-led activities that include art and outdoor education based on California science standards.

**Junior Rangers:** Like science and nature shows? Here's your chance for some hands-on learning about rocks, plants, bugs, and more.

**Trail Hikes:** Fresh air, sunshine, and the seasonal appearance of local flora and fauna await you. Bring lots of questions. Please, no dogs on the nature trail.

**Crafts:** Make and keep a masterpiece. \$1 donation per crafter gratefully accepted.

**Sidewalk Chalk Art:** Let your "inner artist" come out to play.

**Texture scavenger hunts:** We take crayon rubbings and family teamwork to a whole new level of FUN!

**Fishin' with the ranger:** Catch and release using our "Old School" cane poles. You can bring your own pole, too.

**Bat hikes:** Learn how to see and hear real bats as they come out to feed in the park.

**Evening programs:** After sunset, the Plymax theater comes to life with cool computer slide shows, sing-alongs, and the new Live Bug Cam.

**Night hikes:** The whole world changes at night. Constellations and critters come out to play. Let's see and hear what hides by day. Bring a flashlight and adult.

All programs meet at the amphitheater. \$3 parking is available on site.

Saturday programs are listed at the park on Fridays in front of the ranger station. Programs are subject to change according to weather and ranger availability.

We also take the FREE **Discovery Kit Program** to the schools on weekdays and host field trips for students K-6.

For more information about Saturday programs and the elementary school Discovery Kit programs, please email Ranger Kyle at [kyle.icke@sdcounty.ca.gov](mailto:kyle.icke@sdcounty.ca.gov).

### SYMBOL KEY



*Programs and activities that offer a health and wellness benefit to the participant.*



*Fishing*



*These parks/centers have designated wedding sites specially designed for your ceremony and/or reception.*



*Sports facilities*

**7 El Capitan Preserve**

*Wildcat Canyon Road, Lakeside*  
619.956.4707

Patrol volunteers needed. Call 858.966.1335 for information.  
Come and enjoy multipurpose trails that will challenge even the most fit. Open 8 a.m. to 7 p.m.

**8 El Monte Regional Park**

*15805 El Monte Road, Lakeside*  
619.443.1474



Playgrounds, picnic areas, open fields. Group reservations available.

**9 Fallbrook Sports Park**

*2552 Olive Hill Road, Fallbrook*  
760.451.0012



Call for program information and schedules.

**10 Felicita Park**

*Clarence Lane and Felicita Road, Escondido*  
760.745.4379



Playgrounds, picnic areas, open fields, nature trails, wedding gazebo and reception tent. Group reservations available.

**Park Tours:** Schedule a tour for your class or group. Park Rangers lead nature hikes and museum tours specializing in Native American history. Call the park office for details and reservations.

**11 Flinn Springs**

*14787 Old Highway 80, El Cajon*  
619.561.0180



Playgrounds, picnic areas, open fields, nature trails, pavilions, wedding gazebo. Group reservations available.

**12 4S Ranch Sports Park**

*16118 4S Ranch Parkway, San Diego*  
858.673.3900



This sports complex features five baseball/softball fields, five soccer/multipurpose fields, two tennis courts, two basketball courts, and a roller-hockey rink.

**13 Goodan Ranch**

*See Sycamore Canyon/Goodan Ranch.*

**14 Guajome Regional Park**

*3000 Guajome Lake Road, Oceanside*  
760.724.4489



Newly renovated playgrounds, picnic areas, camping, horse trails, lake and pond shore fishing, nature trails, and much more. Wedding area and group tours available by reservation. Call the park office for more information.

**15 Hellhole Canyon Preserve**

*19324 Santee Lane, Valley Center*  
619.956.4707



Patrol volunteers needed. Call 858.966.1335 for information.

Hellhole Canyon Preserve is a San Diego County Preserve located in Valley Center at the end of Paradise Mountain Road. For a safe, rewarding hike, we ask you to bring drinking water, hat, sunglasses and sunscreen, long-sleeved shirt and pants, sturdy hiking shoes, snack foods, binoculars, and camera. Hikes at Hellhole can be strenuous, and temperatures can get very hot. For more information, call 760.749.5320 or visit [www.hellholecanyon.org](http://www.hellholecanyon.org) for Friends of Hellhole Canyon program information.

Parking is free.

Visit the Friends of Hellhole website at [www.hellholecanyon.org](http://www.hellholecanyon.org) or call 760.749.5320.

**16 Heritage Park**

*2450 Heritage Park Row*  
*Old Town San Diego*  
619.291.9784



Heritage Park is the home of seven beautiful Victorian buildings. Contact the County Parks and Recreation office at 877.565.3600 for reservation information for parties, corporate gatherings, reunions, weddings, quinceañeras, bar and bat mitzvahs, or your own special event.

Volunteer opportunities call 858.966.1335 for more information.

**Senlis Cottage.** Visit the Victorian cottage to gain historical insight about the buildings in the park.

**Heritage Park Inn in the Christian House,** 619.299.6832. Enjoy the romantic setting of this elegant Victorian bed and breakfast.

**Burton House.** Shop for gifts and accessories, and enjoy a panoramic mural of San Diego at the turn of the century. The Wedding Casa and The Enchantress are upstairs.

**Mrs. Burton's Tea Room,** 619.294.4600. Before tea, guests are dressed for a group picture on the 1893 porch. Children's Tea includes dress-up, group photo, games, crafts, story, and tea for two hours of fun.

**Old Town Gift Emporium in the McConoughy House.** 619.291.5464. Dolls and gift items include jewelry and cards.

**16 Heritage Park** *(Continued)*

**Temple Beth Israel**, Welcomes weddings and ceremonies for all faiths.

**Second Sunday of Every Month, 2 p.m.**, Tours of Heritage Park. A docent leads tours beginning promptly at 2 p.m. at the Senlis Cottage. View the inside of the Cottage and the Temple Beth Israel. Learn about the original occupants of the "Painted Ladies," as these Victorian homes are affectionately described.

**17 Julian Museum**

2811 Washington Street, Julian  
760.765.0227

**April through November, open Tuesday through Sunday 10 a.m. to 4 p.m., December through March, open Saturday, Sunday, and legal holidays 10 a.m. to 4 p.m.** Historical exhibits. Genealogy for pioneering families 1869-1913.

**18 Lake Jennings**

10108 Bass Road, Lakeside  
858.565.3600



Call 619.443.2510 for up-to-date fishing information. Programs at the Park amphitheater.

**Sunday, June 3, 1 p.m.**, Lake Jennings Fishing University. Learn to fish Lake Jennings with Helix Water District Lake Manager Hugh Marx. What's biting and where, along with tips and techniques on catching trout, bass, and catfish will be emphasized. Meet at the Lake Jennings bait and tackle shop.

**Saturday, June 9, 10 a.m.**, Making Homemade Backyard Bird Feeders. Volunteer/park host Pauline Melling will help children make bird feeders to attract and observe the feeding habits of our local birds. Meet at the pavilion.

**Saturday, June 16, noon**, Fathers/Campers Appreciation Cookout. Enjoy an afternoon cookout with grilled hot dogs, baked beans, chips, and punch, prepared and served by park staff. Meet at the amphitheater.

**Saturday, June 23, 6:30 p.m.**, Project Wildlife Program. Come join a Project Wildlife volunteer for a presentation about some of our local wildlife. Learn about their habits, habitat, and what you can do and who to call if you find an injured animal. Meet at the amphitheater.

**Saturday, June 30, 3 p.m.**, Making Clay Pinch Pots with Jane-o. Children ages 3 to 13 will enjoy a hands-on experience of making clay pinch pots that demonstrates the skills of early Native Americans. Space is limited to 20 participants. RSVP at the park entrance booth. Program will be held at the pavilion.

**Saturday, July 7, 3 p.m.**, Independence Kids Cookie Decorating Contest. Children ages 6 to 12 come over to the park's pavilion and join in on the fun of decorating your very own pre-baked Independence cookies for prizes. Cookie decorating supplies will be available during the event. Program will be held at the pavilion.

**18 Lake Jennings** *(Continued)*

**Sunday, July 15, 1 p.m.**, Lake Jennings Fishing University. See June 3.

**Saturday, July 21, 5 p.m.**, Don't Run Stay Found. Pam Medhurst, Sheriff's search and rescue volunteer, and Simon, her educational bloodhound puppet, will assist you in preparing for an outdoor outing or hike, provide valuable safety tips if you were to become lost or separated, and demonstrate search and rescue techniques. Meet at the amphitheater.

**Saturday, July 28, 9 a.m.**, Tea and Crumpets with the English Lady and guest County park ranger. Questions pertaining to Olde England and Lake Jennings County Park will be answered as you start your morning off with a cup of tea and a mouthwatering crumpet. Meet at the pavilion.

**Sunday, August 5, 1 p.m.**, Lake Jennings Fishing University. See June 3.

**Saturday, August 11, 7:30 p.m.**, Kids/Family Science Hike. Join docent/naturalist Henry Shenkman on a hike on the 2.1 mile perimeter trail and learn how sun, water, and air combine to make leaves shaped the way they are. Meet at the amphitheater.

**Saturday, August 11, 7:30 p.m.**, The Natural History of Lake Jennings County Park. Henry Shenkman will present a video/speaking program on what's here and why. Meet at the amphitheater.

**Saturday, August 18, 6:30 p.m.**, Project Wildlife Program. See June 23.

**Saturday, August 25, 5 p.m.**, Snakes. Come join Supervising Ranger Maureen Abare as she shares her live snakes with program participants. Separate fact from fiction as you learn about their habits, habitat, behaviors, dos and don'ts of snake encounters, as well as other interesting facts about snakes and their role in the environment. Meet at the pavilion.

**Sunday, September 2, 1 p.m.**, Lake Jennings Fishing University. See June 3.

**Saturday, September 8, 3 p.m.**, Making Clay Pinch Pots with Jane-o. See June 30.

**Saturday, September 15, 6:30 p.m.**, Project Wildlife Program. See June 23.

**Saturday, September 22, 9 a.m.**, Tea and Crumpets with the English Lady and guest County Park Ranger. See July 28.

**Saturday, September 29, 4 p.m.**, Inquisitive Minds. Bobcat, raccoon, bones, skins, animal tracks, and Native American artifacts for campers to inspect and touch. A park ranger will be on hand to provide information and to answer questions. Meet at the amphitheater.

**19 Lake Morena**

2550 Lake Morena Drive, Campo  
858.565.3600



Camping, fishing, playgrounds, trails, wilderness cabins. Call 619.478.5473 for up-to-date fishing information or check the County Parks web site at [www.sdparks.org](http://www.sdparks.org).



**20 Live Oak Park**

2746 Reche Road, Fallbrook  
760.723.8780

Hikes and Interpretive Programs may be scheduled by calling the Live Oak Park Coalition at the number above. For Park reservations or Coalition parking passes, call the Fallbrook Community Center, 760.728.1671.

**21 Los Peñasquitos Ranch House**

12020 Black Mountain Road, San Diego  
858.484.7504



La Vida del Rancho (Ranch Life) - Program for 4th grade students. Call for reservations.

**Wanted: Living History Docents and Ranch Hands!** Docent meetings are held the first Saturday of every month at the Ranch House at 9:30 a.m. Please feel free to come by. Call 858-484-7504 for more information.

**Saturdays, 11 a.m. and Sundays, 1 p.m.** Take a tour of the adobe ranch house and grounds with a park docent's authentic interpretation of the Rancho's early days. Step back into the 1800s as you walk through one of San Diego's finest residences.

**Saturday, June 2, 10 a.m. – 3 p.m.,** National Trails Day. Celebrate 150 years of trails in San Diego County. Bring the family and join in the fun: mail delivery along the historic San Diego-San Antonio Stage Line; trail construction demonstrations; mountain bike and equestrian rides; children's activities; trails fair with vendors and exhibitors; live music by "Trails and Rails." Visit [www.sdparks.org](http://www.sdparks.org) or call 858-484-7504 for more information.

**Weekly Guided Hikes and Activities.** The Friends of Los Peñasquitos Canyon Preserve schedule a variety of hikes into the preserve. Call 858.484.3219 for schedule.

**Second Saturday of every month, 8 a.m.,** The San Diego Tracking Team invites you to join an experienced tracker/naturalist for a free, easy tracking walk to learn about the art of tracking and the flora and fauna of the Preserve. Meet at the Ranch House. For information, call 858.513.0359.

**Fourth Tuesday of every month, 7:30 p.m.,** San Diego County Archaeological Society (SDCAS) meeting. Open to the public. Special guest speakers scheduled. Call 858.538.0935 for information.

**Saturday, July 21, 9:30 a.m. – 4 p.m.,** San Diego Tracking Team hosts an "introductory One-Day Training for Wildlife Survey Volunteers." Learn basic track, sign, and habitat recognition, as well as details on the implementation of survey protocol. Call 760.715.4102 for additional information.

**Tracker/Naturalist classes – one weekday evening and a Saturday.** Develop your tracking and awareness skills, learn how to move in nature, and develop techniques for recognizing habitat associated with flora and fauna.

Intermediate training: September 20 and 22

Call 760.715.4102 for registration and information.

**22 Louis Stelzer Park**

11470 Wildcat Canyon Road, Lakeside  
619.561.0580



Stelzer Park features picnic and playground equipment accessible to the disabled, a reservable youth area, a 200-year old wedding tree and hiking trails. Group reservations available.

**23 Mt. Gower Preserve**

17090 Gunn Stage Road, Ramona  
619.956.4707

Patrol volunteers needed. Call 858.966.1335 for information. Trails are reopened for horse riding and hiking on foot. Witness the recovery of the landscape since the preserve was damaged by the Cedar Fire in 2003 -- the incredible views are still intact! Use caution in some areas where trail washouts still exist. Primitive campsites are available (with a restroom nearby) -- a great place for scouting events and outdoor get-togethers. Make your reservations at [www.sdparks.org](http://www.sdparks.org) or call 619.956.4707 for more information.

**24 Oakoasis**

12620 Wildcat Canyon Road, Lakeside  
619.561.0580

Patrol volunteers needed. Call 858.966.1335 for information. Multi-use trails and wilderness cabins. Group campouts available. Please call for details.

**25 Otay Lakes Park**

2270 Wueste Rd., Chula Vista  
858.565.3600

Patrol volunteers needed. Call 858.966.1335 for information. Playgrounds, picnic areas, trails.

**26 Pine Valley**

22810 Old Highway 80, Pine Valley  
619.473.8558

Playgrounds, picnic areas, open fields. Group reservations available.

**Saturday, July 28, 9 a.m. – 8 p.m.,** Pine Valley Days. Pine Valley celebrates in style, with a parade along the highway from 9 -10 a.m., arts and crafts booths, a barbecue lunch in the park at 11 a.m., along with a horseshoe tournament; 3-legged races and spoon races for the kids, and a dance in the park beginning at 4 p.m.

**27 Potrero**

24800 Potrero Park Drive, Potrero  
858.565.3600

Camping, trails, playgrounds, open fields. Group camping available.

### 28 Quail Botanical Gardens

230 Quail Gardens Drive, Encinitas  
760.436.3036



<b>Fees</b>	Adults	\$8
	Seniors, Students and Military	\$5
	Children (3 to 12)	\$3
	First Tuesday of the Month	Free

One of the world's most diverse and important plant collections includes California native plants, exotic tropical specimens, palms, and 30 acres with scenic walks and trails. Nice wedding locations within the gardens. Gift shop, special events, nursery, and library. Quail Botanical Gardens is operated by a nonprofit organization. For information please visit [www.qbgardens.com](http://www.qbgardens.com).

### 29 Rancho Guajome Adobe

2210 North Santa Fe Avenue, Vista  
760.724.4082



Volunteer opportunities. Call 858.966.1335 for information. Featured on HGTV's "Restore America" and Sunset magazine, this 7,000 sq. ft. adobe contains over 20 rooms and represents one of the finest examples of Anglo-Hispanic domestic architecture. It was built in 1853 on a Mexican land grant of 2,219 acres by Col. Cave Johnson Coutts and his wife, Ysidora Bandini of Old Town San Diego, who ran a huge cattle and sheep ranching operation from this rancho. Once a city unto itself, the adobe included a chapel, school, general store, and beautiful gardens and courtyard. Restored in 1996, it is a must-see.

**Saturdays and Sundays, 11 a.m., 12:30 and 2 p.m.,** Guided Tours. Take a docent led tour of the adobe and grounds. Rain cancels. School tours are available on Tuesdays and Thursdays by advance reservation, \$1 per child. Adult tour groups of 15 or more may make an advance reservation for private tours weekdays, \$5/adult.

**Saturdays, 11 a.m.,** Tours in Spanish. Park staff offers guided tours of the adobe in Spanish (tour fees listed above apply).

**Saturday, June 23 and Sunday, June 24, 10 a.m. – 4 p.m.,** Threads Through Time. Treat your eyes to a dazzling exhibit of quilts and home arts while touring the historic Rancho Guajome Adobe. More than 100 quilts and a variety of other hand arts displayed throughout the 28 room, 7,000 sq. ft. historic adobe. With home arts from weaving to basketry to woodcarving, as well as live demonstrations, a fashion show with vintage clothing, and live entertainment featuring an 1880s organ, this event is sure to have something for everyone to enjoy. This year, vendors have been added to the show and will be selling a variety of supplies and products. Clubs and guilds from the area will be on hand to provide information and sell raffle tickets for beautiful quilts and other hand-crafted items. Light refreshments and lunch will be available to purchase. Admission: \$5 for adults; \$2 for children ages 5-12; free for children 4 and under. For more information please call the park office at 760.724.4082 and press "4" and "#".

**Saturday, September 15 and Sunday, September 16, 10 a.m. – 4 p.m.,** Fiesta at Guajome. Take a horse-drawn wagon ride, listen to Native American storytelling, or take a self-guided tour through this 28-room National Historic Landmark. Enjoy live music, a period fashion show, and dancing. Children will have the opportunity to make their own ice cream, take-home piñatas, cowboy and cowgirl vests, and more! All children's activities are free with paid admission. Admission: \$6 for adults; \$3 for children 4-12; free for children 3 and under. For more information please call the park office at 760.724.4082 and press "4" and "#".

### 30 San Dieguito Park

1628 Lomas Santa Fe Dr., Del Mar



Playgrounds, picnic areas, open fields, nature trails, wedding gazebo and pavilions. Group reservations available.

### 31 San Elijo Lagoon Ecological Reserve

2710 Manchester Avenue, Encinitas  
760.634.3026

**Second Saturday each month, 9 a.m.,** Lagoon Hikes with Docents. Meet at the north end of Rios Avenue in Solana Beach. For information and scheduling of docent-led nature programs for school and youth groups, call the San Elijo Conservancy at 760.436.3944.

**Third Saturday of each month,** Clean-Ups at the Lagoon. Contact the San Elijo Conservancy at 760.436.3944.

#### San Elijo Lagoon Lecture Series.

In honor of the 20th anniversary of the San Elijo Lagoon Conservancy. **Note:** All lectures are at 7 p.m. in Room 201 on the San Elijo Campus of MiraCosta College, 3333 Manchester Avenue, Cardiff.

**Friday, June 22, 7 p.m.,** Early Occupation of the San Elijo Lagoon Region. Dennis Gallegos, Archaeologist and President, Gallegos & Associates.

### 32 Santa Ysabel Preserve

*Farmer Road staging, one mile north of Volcan Mountain Preserve sign, Julian.*

*Highway 79 staging, one mile north of Santa Ysabel on Highway 79, just south of the Santa Ysabel Mission.*  
760.765.4098

Patrol volunteers needed. Call 858.966.1335 for information. This preserve is seasonal, and bad weather can close the park. Please call the ranger office to check on closures.

**Saturday, June 2, 9 a.m.,** Flora and Fauna. Join docent Maureen, who will discuss the fauna and flora of this new preserve as you walk along a portion of the Coast to Crest Trail and Santa Ysabel Creek. Meet at the Farmer Road staging area.

**Sunday, July 15, 4 p.m.,** History. Park attendant Bobbi will discuss the history and future of this new preserve as you walk along a portion of the Coast to Crest Trail and Santa Ysabel Creek. Meet at the Highway 79 staging area.

**Saturday, August 4, 10 a.m.,** Flora and Fauna. Join Ranger James as he discusses the fauna and flora on this evening hike. This hike will be from Farmer Road to Highway 79, along the entire 8-mile section of the Coast to Crest trail. Meet at the Farmer Road staging area.

**Sunday, September 16, 9 a.m.,** History. Join Ranger Lisa as she will discuss the history and future of this new preserve as you walk along a portion of the Coast to Crest Trail and Santa Ysabel Creek. Meet at the Highway 79 staging area.

For more information on these and other hikes, call the ranger office at 760.765.4098.

### 33 Stelzer Park

*See Louis Stelzer*

**34 Sweetwater Lane Sports Complex**

1312 Sweetwater Lane, Spring Valley  
619.479.1832



Football, flag football, soccer, youth baseball, adult and youth softball, track and field club.

**35 Sweetwater River Valley Regional Park**

Summit Site, 3218 Summit Meadow Rd., Bonita  
619.472.7572

Equestrian camping, day use area, pavilion, miles of multi-use trails. Patrol Volunteers needed. Call 858.966.1335 for information.

**Saturdays, 10 a.m. beginning June 2,** Hikes with the Ranger. Discover great birds, historical tidbits, native plants, and wonderful wildlife on these hikes up Red Hill to a beautiful view of the Sweetwater Valley. Meet at the front entry booth at 10 a.m. sharp. Bring water, sunscreen, and a hat.

**36 Sycamore Canyon/Goodan Ranch Preserve**

Staging area is at the end of Sycamore Canyon Road in Poway  
858.513.4737

Patrol Volunteers needed. Call 858.966.1335 for information. Multi-use trails.

**37 Tijuana River Valley**

2721 Monument Road, San Diego  
619.428.2946



In addition to horseback riding and wildlife viewing, picnic tables and shade are also available. Or bring a ball and enjoy a walk around the new Sports Fields complex. There is a lot to do in the Tijuana River Valley Regional Park, where having fun is natural! Exit Dairy Mart Road south, from Interstate 5, to the Ranger Station at 2721 Monument Road. Free brochures available.

Patrol Volunteers needed. For information call 858.966.1335

**38 Vallecito**

39555 Great Overland Stage Route S-2  
858.565.3600

Park open September 1 through May 31. Desert camping and nearby trails. Youth and caravan areas available.

**39 Volcan Mountain**

1209 Farmer Road, Julian  
760.765.4098

**Note:** The summit of Volcan Mountain is open Saturdays and Sundays. Patrol Volunteers needed. Call 858.966.1335 for information.

Monthly docent led hikes are scheduled. Hikes are moderate in difficulty and are 5 miles round trip. Meet at the trailhead, wear sturdy shoes, and bring water. There are no facilities. Call 760.765.4098 for more information and hike schedules.

**Sunday, June 17, 9 a.m.,** Hike with the Ranger. Join Ranger Lisa for the first hike of the season as she discusses the fauna and flora of the mountain.

**Saturday, July 7, 5 p.m.,** Hike with the Docents. Docents Ron and Laurel will discuss the history of the mountain on this afternoon hike.

**Sunday, August 12, 4 p.m.,** Fauna and Flora. Join park attendant Bobbi as she discusses the faunal and flora of the mountain.

**Saturday, September 1, 9 a.m.,** History. Join park attendant Daniel as he takes you on a trip to the north end of the mountain and discusses the past and present history of the preserve and what the future holds for this beautiful park.

**40 Whaley House**

2482 San Diego Avenue, Old Town San Diego  
619.297.9327

Be sure to visit the Whaley House Gift Museum Shoppe. House closed on Wednesdays. Volunteer opportunities. Call number above.

**41 Wilderness Gardens Preserve**

14209 Highway 76, Pala  
760.742.1631



**Open 8 a.m. to 4 p.m., Thursday through Monday. Closed Tuesday and Wednesday.**

Wilderness Gardens Preserve is located off Highway 76 in Pala, just 10 miles east of I-15. Hikers are urged to bring water, sturdy shoes, and a snack. For questions or information about the preserve, please call 760.742.1631. Parking is \$3 per vehicle.

**42 William Heise Park**

4945 Heise Park Road, Julian  
858.565.3600



Camping, wilderness cabins, multi-use trails and group reservations available. Wedding ceremony area available to reserve under the large black oak wedding tree in the meadow.

**Saturday, June 2, 10 a.m. - noon,** Guided Nature Hike. Join the Canyoners for a guided nature hike of our spectacular park.

**Saturday, June 16, 8:30 p.m.,** Star Party. The San Diego Astronomers Association will reveal some of the celestial wonders visible in the clear mountain air of Heise County Park. Learn about the planets and telescope etiquette. (Telescopes are provided by astronomers, but feel free to bring your own telescopes and binoculars.) Meet at the amphitheater.

**Saturday, June 23, 6 p.m.,** Sky Hunters. A raptor rehabilitation guest will introduce you to some magnificent birds of prey and their unique behaviors and needs. Meet at the amphitheater.

**Saturday, July 14, 6 p.m.,** Sky Hunters. See June 23.

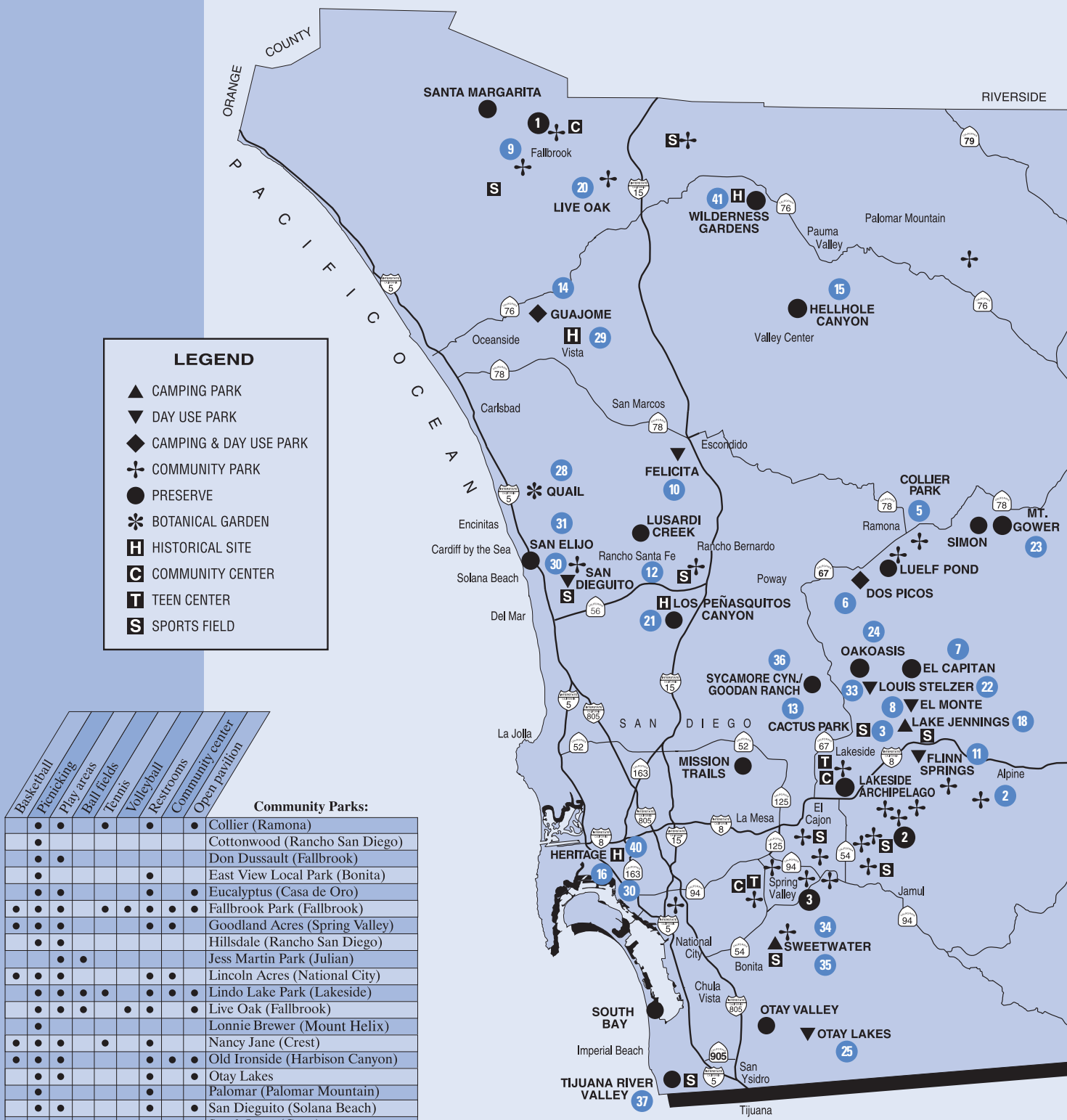
**Saturday, July 21, 8:30 p.m.,** Star Party. See June 16.

**Saturday, August 4, 6 p.m.,** Sky Hunters. See June 23.

**Saturday, August 11, 8 p.m.,** Star Party. See June 16.

**Saturday, September 1, 6 p.m.,** Sky Hunters. See June 23.

**Saturday, September 15, 7:15 p.m.,** Star Party. See June 16.

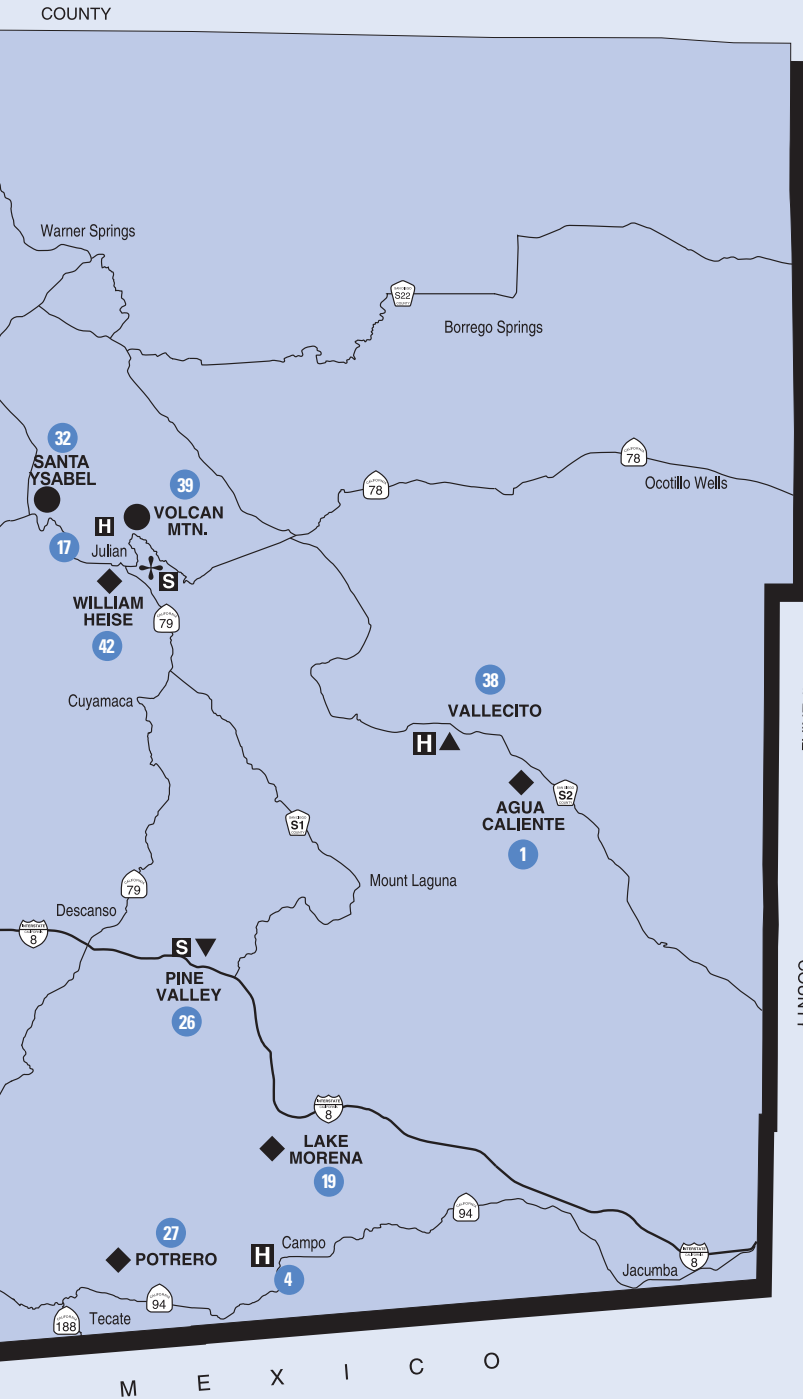


LEGEND

- ▲ CAMPING PARK
- ▼ DAY USE PARK
- ◆ CAMPING & DAY USE PARK
- ✚ COMMUNITY PARK
- PRESERVE
- \* BOTANICAL GARDEN
- H HISTORICAL SITE
- C COMMUNITY CENTER
- T TEEN CENTER
- S SPORTS FIELD

Basketball	Picnicking	Play areas	Ball fields	Tennis	Volleyball	Restrooms	Community center	Open pavilion	Community Parks:
●	●								● Collier (Ramona)
●	●								● Cottonwood (Rancho San Diego)
●	●								● Don Dussault (Fallbrook)
●	●								● East View Local Park (Bonita)
●	●								● Eucalyptus (Casa de Oro)
●	●			●	●	●	●	●	● Fallbrook Park (Fallbrook)
●	●								● Goodland Acres (Spring Valley)
●	●								● Hillsdale (Rancho San Diego)
●	●								● Jess Martin Park (Julian)
●	●								● Lincoln Acres (National City)
●	●								● Lindo Lake Park (Lakeside)
●	●								● Live Oak (Fallbrook)
●	●								● Lonnie Brewer (Mount Helix)
●	●								● Nancy Jane (Crest)
●	●								● Old Ironside (Harbison Canyon)
●	●								● Otay Lakes
●	●								● Palomar (Palomar Mountain)
●	●								● San Dieguito (Solana Beach)
●	●								● South Lane (Crest)
●	●								● Spring Valley Park (Spring Valley)
●	●								● Steele Canyon (Rancho San Diego)
●	●								● Sweetwater Lane (Spring Valley)
●	●								● Woodhaven (Rancho San Diego)





Picnicking	Reservable group areas	Camping	Reservable group camping	Caravan area	Tot lot / Play area	Trails	Ball fields	Horseshoes / volleyball 1	Fishing	Restrooms	Showers (for campers only)	Enclosed pavilion	Shade pavilion	Cabins	Regional:
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Agua Caliente
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Dos Picos
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	El Monte
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Felicita
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Flinn Springs
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Guajome
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Lake Jennings 2
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Lake Morena 2
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Otay Valley
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Pine Valley
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Potrero
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	San Dieguito
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Sweetwater
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	Vallecito (H)
•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	William Heise

										Preserves:									
						●				●					El Capitan				
						●				●					Goodan Ranch				
			●			●				●					Hellhole Canyon				
						●									Lakeside				
						●				●					Los Peñasquitos (H)				
●	●		●		●	●				●					Louis Stelzer				
						●									Lusardi Creek				
						●				●					Mission Trails ★				
			●			●				●					Mt. Gower				
			●			●				●					Oakosasis				
						●				●					San Elijo				
						●									Simon				
															South Bay				
						●									Sycamore				
						●	●								Tijuana River Valley				
						●									Volcan				
●						●				●					Wilderness				

										Botanical Gardens:				
									●				Quail ★★★	

										Historic:			
								●				Campo Store	
	W							●				Heritage (H)	
								●				Julian Museum	
	W							●				Los Peñasquitos	
	W							●				Rancho Guajome	
												Whaley House★★★★	

							Sports Parks:
Baseball	Softball	Soccer	Football	Track	BMX	Restrooms	
●	●				●	●	Cactus (Lakeside)
●	●					●	Fallbrook
●	●	●				●	4S Ranch
●	●		●				Jess Martin (Julian)
●	●	●				●	Sweetwater Lane (Spring Valley)
●	●		●	●		●	Tijuana River Valley

★ For information call (619) 668-3278  
 ★★★ For information call (619) 436-3036  
 ★★★★★ For information call (619) 297-7511

1 Bring your own equipment  
 2 Additional fees are charged for fishing  
 H Historic Site  
 W Weddings only

## 1 Fallbrook Community Center

341 Heald Lane, Fallbrook  
760.728.1671



### Summer Day Camp

**June 18 - August 24**

The excitement begins on June 18 with 10 fun-filled weeks of Summer Day Camp for kids ages 6-12. Activities include field trips, sports, games, arts and crafts, special theme days, water park trips, and more. Fees include all project materials, daily snack, and field trips. Supervision is provided by experienced, college-trained staff.

**Regular Hours:** 7 a.m. – 3 p.m. \$124/week

**Extended Hours:** 7 a.m. – 6 p.m. \$149/week

Go to <http://www.co.san-diego.ca.us/parks/docs/fallbrook.pdf> for a complete list of activities.

### Mom and Me Horsemanship

**June 20 – August 1 Wednesdays, 9 -10 a.m.**

**June 23 – August 4 Sundays, 4-5 p.m.**

**July 16 – August 20 Mondays, 6:30 – 7:30 p.m.**

For 3-6 year olds and accompanying parent, this six-week course is designed to introduce the youngest riders to the thrill of interacting with horses. One hour a week parent and child work together to groom a small horse and learn the basics of safety and riding under the guidance of a certified instructor. The parent leads the horse while the child learns the beginning movements of riding. Lesson plans, educational materials, and coloring activities are included.

### Math Mastery Camp

**June 18 – June 22, 2 – 3:30 p.m.**

All of your child's future math ability is directly related to their ability to mentally speed calculate. In this camp your child will learn remarkable ways to thoroughly master their addition, subtraction, multiplication, and division skills and be most of the way there by the end of the week.

### Unreal Science Camp

**July 23 – July 27, 10 a.m. – 12 noon**

Investigate wild and exciting science. Take a ride on a Hover Craft. Join in fascinating experiments with the fantastic Vande Graff Generator. Watch cans crush, eggs explode, potatoes launch, mystical bubbles, underwater fireworks, and much more.

### Wild Science Fun Camp

**June 18 – June 22, 10 a.m. – 12 noon**

Join us on a fascinating journey through science while performing incredible science experiments. You will see such things as the fascinating properties of -100 degree dry ice and -300 degree liquid nitrogen. Discover the delicious truths about your taste buds. Watch liquids bounce. Make incredible slime and experiment with super-power magnets.

### Wild Science Exploration Camp

**July 16 – July 20, 10 a.m. – 12 noon**

Explore incredible science while performing terrific experiments and watching mind-boggling displays. Build your own paper screamer, fly

## 1 Fallbrook Community Center (Continued)

a remote control dragonfly, create your own superball, mix magic dyes, make stunning colors appear, watch an amazing 7-foot rocket launch, and much more.

### Babysitter Training

**Saturday, June 30, 9 a.m. – 4 p.m.**

This class is designed to give babysitters the skills and confidence to care for children and manage the problems and emergencies that can occur. This class covers basic first aid, emergency information, diapering, problem solving, and how to find a babysitting job once you've completed the course. Each participant will receive a certificate of completion. Participants need to bring an infant sized doll or stuffed animal to learn and practice diapering. Please register in advance by June 15.

### So You Want to Own a Horse

**Saturday, June 16, July 1, and August 18**

For the family or individual who is considering buying or leasing their first horse. What does that involve from a financial perspective, to time and energy required to maintain a healthy environment for both you and your horse. Basics on how to groom, feed and care for a backyard horse are covered as well as other practical issues such as veterinary care, hoof care, choosing feeds and finding a riding club or riding instructor.

### Movies in the Park

**Thursday, June 21, Charlotte's Web**

**Thursday, June 28, A Night at the Museum**

**Thursday, July 5, E.T.**

Movies start after dusk. Bring a picnic, blanket, and chair and come enjoy movies under the stars. Free. Donations appreciated.

### Kids

Activities include karate, gymnastics, cheerleading, tumbling, guitar, golf, Spanish, hip-hop dance. Our gym class improves basic motor skills and creative movement and offers all around fitness in a fun format. Children will use mats, ropes, balls, balance beams, and other equipment. Your child will increase flexibility, fitness, coordination, self-esteem, and confidence. Class on Wednesdays, \$45 per month.

An on-site preschool is available for children 2 ½ - 5 ½.

### For adults

Watercolor painting, healthy cooking, duplicate bridge, fitness, sports instruction, yoga, Pilates, tai chi, self defense, Spanish, dog obedience, and much more.

The community center offers adult computer classes, from Getting Started to Microsoft Word Advanced to Photoshop Elements. Each student will be provided a computer during the class.

Call the community center for fee information and registration. Complete program guide is available.

## Community Centers Rental Rates for your Special Event

### Fallbrook 760.728.1671

Room	Cap./ Sq.Ft	Reg. Hr/Day	Non-Profit Hr/Day
<b>Auditorium</b>	300/3900 sq. ft.	\$475/4 hrs. \$100 add'l hr.	\$330/4 hrs. \$75 add'l hr.
<b>Kitchen-</b> rented only with auditorium or North Room		\$100 flat rate	\$100 flat rate
<b>Eucalyptus</b>	40/450 sq. ft.	\$100/4 hrs min.	\$100/4 hrs min.
<b>North Room</b>	100 /990 sq. ft.	\$200/4 hrs. \$40 add'l hr.	\$150/4 hrs. \$30 add'l hr.

**Equipment Available:** PA System & CD Player - Auditorium Only • Microphone and Stand - Auditorium Only • Podium TV & VCR • 240 Folding Chairs • 30 Tables 6' • 15 Tables 8' • 15 Round Tables • 4 Stage Risers 4'x 8'

### Lakeside 619.443.9176

Room	Cap./Sq.Ft	Regular Hr/Day	Non-Profit Hr/Day
<b>Main Hall (Meyer)</b>	714 / 4650 sq. ft.	\$125 hr.	\$100 hr.
<b>Kitchen</b>	-	\$200 day	\$100 day
<b>Stage</b>	40 / 450 sq. ft.	\$50 day	\$30 day
<b>Moreno</b>	100 / 990 sq. ft.	\$75 hr.	\$60 hr.
<b>Lakeshore</b>	30 / 1050 sq. ft.	\$20 hr.	\$10 hr.

**Equipment Available:** Round Tables • Folding Chairs • Tables 6' • Tables 8' • TV/VCR • Projector - Main Hall only • P.A. System - Main Hall & Moreno only • Microphones

### Spring Valley 619.479.1832

Room	Cap./Sq.Ft	Regular Hr/Day	Non-Profit Hr/Day
<b>Ketell</b>	250 / 3952 sq. ft.	\$60 / \$400	\$60 / \$450
<b>Olsen</b>	78 / 1294 sq. ft.	\$40 / \$200	\$40 / \$250
<b>Senior Lounge</b>	32 / 754 sq. ft.	\$30 / \$100	\$30 / \$150
<b>Patio Lounge</b>	160 / - sq. ft.	\$25 hr.	\$25 hr.

**Equipment Available:** 13 Round Tables • 56 Long Tables 8' • 264 Folding Chairs • Curtains • Podium • Ice

#### When We're Open

All picnic parks are open from 9:30 a.m. to dusk, seven days a week. All campgrounds are open seven days a week, 24 hours a day. Gates close in most parks at 10 p.m. Check-in time is 2 p.m., checkout time is 1 p.m.

Reservations may be made 1 year in advance of the camping day. Any questions on reservation dates may be directed to the Reservation Center, 858.565.3600.

Lake Morena is open for fishing 1/2 hour before sunrise and closes 1/2 hour after sunset.

Some specialty parks, sports complexes, community centers, and historic sites may have specific days and hours for public use.

Call 858.565.3600 or check the specific park under the Program Guide.

### 2 Lakeside Community Center

9841 Vine Street, Lakeside  
619.443.9176



By the shores of Lindo Lake, the center offers programs and services to all residents of Lakeside. Rent rooms with kitchen facilities for private parties and weddings.

Senior nutrition program, adult education classes, gymnastics, and dance instruction. Call for complete list of classes and events.

#### Wonder and Discovery

Preschool Classes Learning Center for 3, 4 and 5 year olds. January through June, 2 or 3 days per week. Morning and afternoon classes available. For information and registration, call Harriet Whitmore at 619.443.4834. Enrollment based on openings.

### 3 Spring Valley Community Center

8735 Jamacha Boulevard, Spring Valley  
619.479.1832



Preschool program, teen center, senior nutrition program, senior classes and programs, adult and youth sports, and intergenerational Math and Reading Clubs.

Youth can participate in a full gymnastic program and dance classes, including ballet, hip-hop, jazz, tap, and Ballet Folklorico, kids' yoga, piano/keyboard, cooking class, spring camp, and Spanish class. Check the athletic department for sports. Junior sports. Adults learn and practice yoga, Pilates, aerobics, martial arts, and belly dancing. Take the investment class and learn how you might improve your financial situation. How about improving your communication with people skills? CPR/First Aid is offered quarterly. The Adult Athletic Department hosts beginning, intermediate, and advanced softball for men's, women's and coed leagues.

The Center is available to rent for special events, including quinceañeras, weddings, and anniversary parties. Smaller rooms are also ideal for meetings.

Call for a fee schedule.

#### Summer Camp

Monday – Friday, 6/25 – 8/17 (8 weeks), 6:30 a.m. – 6 p.m.

**Rabbit Track** Ages 5-7  
**Roadrunner** Ages 8-10  
**Counselor in Training (CIT)** Ages 11-13

**Fee:** Resident per week, per child \$75  
Non-resident per week, per child \$80/ Daily rate \$25

## A welcoming season for Parks...

*Continued from page 1*

- Enjoy new pavilions at Live Oak and Spring Valley that will offer shade on days when the sun is bright and temperatures begin to rise.
- Walk the only fully accessible loop trail in North County at San Elijo Lagoon and look at the construction site for the Nature Center that will open its doors to you in late 2008.
- Explore the renovation and rehabilitation of Wing C of Los Peñasquitos Adobe Ranch House that dates back to 1913, at one of the County's favorite historic structures.
- Experience the 400 acres we have acquired this year to expand our park and open space system.

Though the photograph which accompanies this article captures our Open House celebration at our new headquarters, I want you to realize that every day is an Open House for you when you choose to experience the County of San Diego's community centers, parks, and open spaces.

## Volunteer Opportunities abound with San Diego County Parks.

We are looking for happy, energetic people for a variety of volunteer opportunities, such as: Park Host, Trail Patrol; Docent/Naturalist; Day Volunteers; Community Center; Youth Leaders/ Mentors; and Special Event. Please contact the Volunteer Coordinator @ 858-966-1335 or go to our website: [www.sdparks.org](http://www.sdparks.org).

### The County Parks and Recreation Activity and Program Guide is published...

three times a year. Copies may be downloaded on [www.sdparks.org](http://www.sdparks.org). Are you interested in receiving up to date information about the County of San Diego Department of Parks and Recreation, parks programs, or camping specials? To place yourself on our e-mail distribution list, please send a request and valid e-mail address to [askparks.lue@sdcounty.ca.gov](mailto:askparks.lue@sdcounty.ca.gov). Your personal information will not be shared or distributed to other organizations. Thank you for your interest in County parks and recreation programs.

#### Board of Supervisors

Greg Cox, District 1  
Dianne Jacob, District 2  
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Bill Horn, District 5

#### Chief Administrative Officer

Walter F. Ekard

#### Department Director

Renée E. Bahl

#### Department of Parks and Recreation

9150 Chesapeake Dr., Suite 200  
San Diego, CA 92123



## The REC Club

### The REC- Lakeside

9841 Vine Street  
Lakeside, CA. 92040  
619.443.4169

All programs and events are FREE. The REC Club is open to middle and high school youth ages 10 through 17. A signed membership application with a parent/guardian signature is required to join. For membership call the teen center at the above number.

**Hours:** Monday through Friday, 2 to 6 p.m.

**Daily Programs:** Homework Assistance, Tutoring, and Computer.

**Monday classes:** Arts and Crafts, Dance Crew.

**Tuesday classes:** Fitness and Flag Football.

**Wednesday classes:** Arts and Crafts, Dance Class, and REC Super Crew.

**Thursday classes:** Fitness and Cooking Class.

**Friday classes:** Dodgeball and Movie Day.

### The REC – Spring Valley

8735 Jamacha Boulevard  
Spring Valley, CA. 91977  
619.479.0312

All programs and events are FREE. The REC Club is open to middle and high school youth ages 10 through 17. A signed membership application with a parent/guardian signature is required to join. For membership information please call Kristin Rounds at the number above.

**Hours:** Monday through Friday, 2:30 to 6:30 p.m.

**Daily Programs:** Arts and Crafts, Homework Assistance, Tutoring, and Computer Lab.

**Monday classes:** Fun Fitness.

**Tuesday classes:** Cooking Class and Flag Football.

**Wednesday classes:** DJ Class and Fun Fitness.

**Thursday classes:** Flag Football and Girl Talk Program.

**Friday classes:** Hip Hop Dance Class and Guy Talk Program.

**Field Trips** are available to active REC Club members. Reservations are required and space is limited. For field trip information, call the teen center at the above number.

**Great American Backyard Campout** at 4S Ranch, June 23 and 24. Come take part in our first campout at 4S Ranch Sports Park. Activities will include: big screen movie night, dodgeball tournament, flag football, and camping under the stars.

**Group Campout YMCA Camp Surf**, July 11 through 13. Come take part in our fifth annual group campout. We will be camping along the shore of the Pacific Ocean. Activities will include: surfing, swimming, rock climbing, and community service projects.